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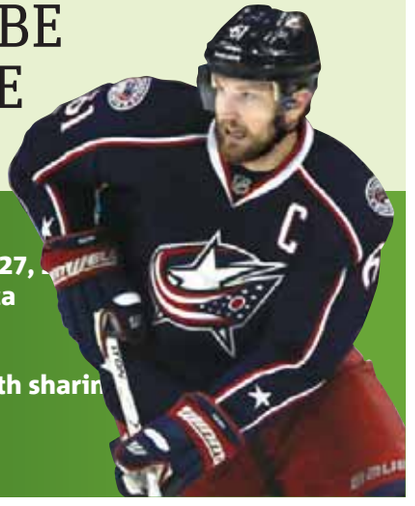
DEADLY DERAILMENT
THREE TRAIN WORKERS KILLED IN ONTARIO {page 8}

NHL'S D-DAY
WHO MIGHT BE ON THE MOVE TODAY? {page 24-26}



CALGARY metro®
Monday, February 27,
www.metronews.ca
News worth sharin

▶ Actress Meryl Streep accepts the best actress award for The Iron Lady onstage during the 84th Annual Academy Awards in Hollywood, Calif., Sunday. More coverage, pages 16-17.

KEVIN WINTER/GETTY IMAGES

Meryl Streep glitters in Oscar gold

Airdrie victim feared for her safety: Family

Sister-in-law says mother of one was stabbed to death, body left in home for days

Family members of an Airdrie mother killed in her own home last week say she feared the "obsessed" ex-boyfriend now suspected in her death.

RCMP are investigating the death of Andrea Conroy, who was in her mid-30s, as a murder-suicide after the body of an individual she was previously involved with was found in Nanton Saturday.

Friends and family have identified that individual as bodybuilder Rick Doucette.

"He was very controlling, known for a short-temper, anger problems," Conroy's sister-in-law, Melissa Martens, told Metro on Sunday. "And we're only finding this out now as friends are coming and telling us."

Martens added the family has learned Conroy installed an alarm system in her home recently after attempting to end a personal relationship with Doucette in August.

Tight-lipped

- RCMP have yet to formally identify either individual involved in the apparent murder-suicide, but say they only have one suspect and he had been involved personally with the victim.

She said investigators have indicated Conroy was likely stabbed to death in her home Tuesday. Reports from neighbours suggest a male was seen in a parked vehicle outside her home that night.

Conroy's seven-year-old daughter was not home at the time and is now staying with her father, Martens said.

"It's an absolute nightmare," she added. "She was an amazing person.... Her daughter was her world."

JEREMY NOLAIS

More coverage {page 3}

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Car was in wrong lane: Police

Emergency crews rushed three individuals to hospital, one in life-threatening condition, following an early-morning collision Sunday.

According to police, a Toyota Echo was heading east in the 1300 block of Glenmore Trail Southeast when it collided head-on with a 2000 Hyundai travelling west in the eastbound lanes at around 12:45 a.m.

The sole occupant of the Accent suffered the worst injuries in the collision. METRO

Questions remain for displaced residents

Some owners and renters, forced to evacuate a condo complex in Leduc by March 31 due to safety violations, met on Sunday.

Condo board member Wayne Beaton, who sold many of the 85 units moved into a year ago, organized the session to answer questions and help explain any moving and legal processes.

"Some people have already moved," said Beaton. "But some people want to know what their options are."

HEATHER MCINTYRE

Bodybuilder's history of abuse detailed by wife

Family, friends believe Rick Doucette responsible for killing Airdrie mother

Wife of suspect claims she and others were previous victims of abuse

JEREMY NOLAIS
@METRONEWS.CA

Legal documents indicate the man friends and family have put at the centre of a murder-suicide investigation involving an Airdrie mother had a history of abusing female partners.

It is believed the body of Rick Doucette, a competitive bodybuilder in his 40s, was found in Nanton Saturday, just days after his ex-girlfriend Andrea Conroy was found murdered in her own home.

Prior to his dealings in Airdrie, Doucette lived in Ontario and married a woman named Stacey Burns.

"I was young and stupid," she told Metro Sunday.

The pair had two kids and things appeared to be going smoothly at first, but Burns said her husband became angered easily. Then, the abuse started.

"He beat me to the point that I had to a file a restraining order," Burns said before providing Metro with photographic proof of the measure on Sunday.

In 2003, Burns moved away with the kids and changed her last name.

She also learned of other instances of abuse, including an attempted-murder conviction after Doucette repeatedly stabbed a female partner.

A psychologist's assessment determined Doucette had a "very unstable pattern and history with women in relationships with him," according to documents provided by Burns.

Burns did contemplate filing for divorce, but feared the repercussions of allowing Doucette back into her life.

"We women are so stupid — I hope others learn from this," she said. "I am a widow now. It's shocking."

Sculptures

- Andrea Conroy's sister-in-law said Conroy became close with Rick Doucette while working for him at his business, Sculptures Personal Training.
- A Facebook account for that business that was being operated by Doucette entered a post in the early-morning hours Saturday that read "Rest in peace andrea. And sculptures."

FACEBOOK.COM

▶ Rick Doucette is seen competing in the 2010 Canadian National Bodybuilding Championships. It is believed a body found in Nanton Saturday is his.

For more local news, visit metronews.ca/calgary

1 news

Call her the eco-warrior princess: Actress Lucy Lawless has been arrested for her involvement in a Greenpeace protest aboard an oil-drilling ship. Scan the code.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A bird's-eye view of the train derailment west of Toronto that killed 3 Via Rail workers. Watch at metronews.ca/video

Calgary Police Commission
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Presented each year to individuals or groups for their extraordinary contribution to community policing in Calgary.

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Please visit the Calgary Police Commission Website for further information, criteria and a copy of the nomination form, www.calgarypolicecommission.ca

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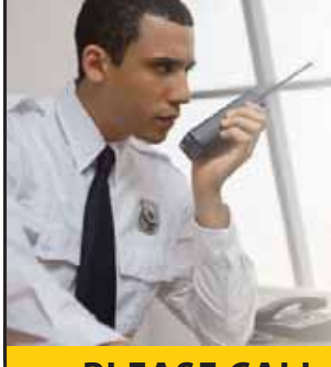

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CAR CRASH

Infant injured in N.W. crash

A collision late Saturday night left a baby injured.

At about 11 p.m., emergency services were called to the scene where a vehicle carrying two adults and a baby had struck a pole near Nose Hill Park on 14 Street Northwest.

According to reports, police said the baby was bleeding as a result of the accident. METRO

Woodshop fire doused

Fire crews were called shortly before 3 p.m. on Sunday to a woodworking shop in the city's northeast to find that a fire had started in a collection hopper.

The hopper, designed to collect sawdust from the shop, had ignited and caused heavy smoke.

Crews were able to extinguish the flames, and no injuries were reported. The cause of the fire is under investigation. METRO

Suspect in bar assault nabbed

RCMP have arrested a man wanted in connection with an assault with brass knuckles outside a Cochrane bar. Police say a suspect struck a man waiting for a taxi and took his money. He then took a cab to get away, but was followed by another person who alerted police to his whereabouts. Christopher Tooley, 30, faces several charges. METRO

Inspiration in motion

Rick Hansen stops in Calgary
His '85-'87 world tour raised more than $25M for spinal-cord research

KATIE TURNER
@METRONEWS.CA

Reunion tour

- Hansen's cross-Canada tour began in August in Newfoundland.
- The tour wraps up in Vancouver on May 21.

Even 25 years after the end of his world tour, Canada's Man in Motion, Rick Hansen, is still an inspiration, says 15-year-old Calgarian Journey Wheatley.

Day 187 of Hansen's 25th-anniversary tour across Canada ended with Wheatley, the day's medal-bearer, striding into the BMO Centre alongside her hero.

The Grade 9 student has struggled for most of her life with a rare disorder that causes chronic joint pain, but after learning of Hansen a few years ago, she said she knew she couldn't give up.

"I could never have done what I have without him," Wheatley told a crowd of people as tears welled in her eyes.

"You can't slow life down. He kept pushing and pushing and pushing."

"It's an honour," Hansen said of Wheatley's comments. "When I was going through my situation when I was first injured, it was a result of people who stepped up to pave the way before me who encouraged me to think about life differently."

KATIE TURNER/METRO

▶ Journey Wheatley, 15, credits Rick Hansen with changing her outlook on her chronic condition. She got to meet the Man in Motion on Sunday at the BMO Centre.

Earlier in the day, Hansen paid a visit to the Talisman Centre to watch a wheelchair rugby tournament — something he said shows the progress that's been made.

"All you see is ability, and 25 years ago that would have been just a dream, and I'm so honoured to be celebrating that progress here with Canadians."

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JEREMY NOLAIS/METRO

▶ Members of the Halo-inspired Snowburner Squad, from left, Izy Cheung, Melissa Kirbyson, Peter White, Patrick Johns and Kris Joosten.

Living the fantasy

Halo video-game franchise spurs devoted fan group

Their base — code-named Valkyrie — is secluded deep inside the Milky Way Galaxy's Sol System on a little planet called Earth.

Secluded in the northeast sector of the Calgary area, members of the 7th Tactical Expeditionary Force's Snowburner Squad spend hours each week refining their equipment.

Confused yet?

Luckily, Calgary's Snowburner Squad is more than happy to field inquiries about its commitment to the Halo video-game franchise through advanced costuming.

"I loved the storyline — there's so much to explore," said Kris Joosten of the squad's origin. "Really, we wanted something more tangible from the Halo universe."

So, he and two other members went to work on creating their own elaborate Halo get-ups, complete with helmets, custom paint jobs and, of course, advanced weaponry.

$1,000
Those who are really serious about their Halo costume will spend up to $1,000 on all of the necessary components and accessories, says Snowburner Kris Joosten.

The actual plastic templates were ordered online through a group known as the 405th Infantry Division. Once hundreds of hours have been poured into fine-tuning the suits, getting them on can be a whole other problem unto itself.

"Some of it can get pretty heavy," joked longtime Snowburner Peter White, motioning toward his rocket launcher, which weighs dozens of pounds.

The payoff comes when the Snowburners venture out to local gaming conventions and spend hours posing with Halo fans and curious onlookers.

"People admire the quality," Joosten said. "We are in random people's photos all over the Internet."

The squad continues to grow, too, with 13 members now officially signed on.

"It's the character designs, the story," said Izy Cheung, who joined the group more recently. "It's all pretty badass."

For more information about the Snowburner Squad, head to sites.google.com/site/snowburnersquad.

JEREMY NOLAIS

WATER CONSERVATION

Take the leaky toilet test

Calgarians are being asked to participate in Fix a Leak Week to save access water and cash from being flushed down the toilet.

From Monday to March 4, the City of Calgary suggests residents take the leaky-toilet test by putting drops of food colouring into their toilet tank. If after 15 minutes the colour of the water changes, it's leaking.

The city says repairing one leaky toilet can save 28 bathtubs of water monthly and could save $100 annually on one's utility bill.

Fore more information and tips on fixing leaks, visit calgary.ca.

METRO

For more news, visit metronews.ca

Easy-access road info

Many more Calgarians can now check road conditions in the palms of their hands as the city has introduced a version of a popular app for BlackBerry and Android users.

The City of Calgary Road Conditions app was originally released in December for iPhone users and has had more than 14,000 downloads.

METRO

"My cell bill is one of the few things I don't have to worry about."

– Sandra S. of Toronto
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Derailment claims 3 Via workers

Engineers killed while riding in cab of locomotive 45 were injured

DAVID RITCHIE/THE CANADIAN PRESS

▶ Emergency workers help passengers out of a train wreck in Burlington, Ont., Sunday. Via spokeswoman Michelle Lamarche said three of the company's employees were killed in the crash. Inset: An aerial view of the train derailment.

Terrified passengers were sent flying through the air along with their luggage when a Toronto-bound train derailed Sunday, killing three engineers and injuring 32 passengers — three of them seriously.

A slight "bump" followed by utter chaos was how one passenger described the harrowing crash of train No. 92.

The time between the train leaving the tracks and it slamming to the ground was only about 10 seconds, but it felt like "forever," said Deanna Villella of Welland, Ont.

"The train just flipped on its side and it just kept going. I didn't know what was happening," Villella said.

"Everybody's stuff was flying by and people were flying by. Everything was crashing and people were screaming."

The six-car train, which had originated in Niagara Falls, Ont., derailed at 3:30 p.m. in Burlington — about 100 metres from where a freight train derailed some four years ago.

Area residents described a chaotic scene of emergency vehicles, sirens blaring and helicopters buzzing overhead one of Canada's busiest rail corridors.

The locomotive and one passenger car flipped onto their sides and crashed into a small trackside building.

THE CANADIAN PRESS

False robocalls made in 34 ridings, Martin claims

ADRIAN WYLD/THE CANADIAN PRESS FILE

▶ NDP MP Pat Martin

The robocall controversy appears to be broadening, with opposition parties claiming the number of ridings affected by voter-suppression calls in the last federal election is greater than first thought.

New Democrat MP Pat Martin says he is aware of at least 34 ridings that received automated phone calls, although his party lists only 29.

Meanwhile, Liberal Leader Bob Rae said his party is aware of 27 ridings, but he expects the number to rise by Monday, when the House of Commons resumes.

The opposition are accusing the Harper Conservatives of orchestrating a campaign of dirty tricks in the May 2 election, but the Conservatives have denied the charges.

Elections Canada and police are currently believed to be looking into reports that automated calls in as many as 18 ridings falsely advised voters that the location of their polling stations had changed. Martin says he is firm on his number and has since even heard of two more ridings.

Lawyers for RackNine Inc., an Edmonton-based automated dialling company that worked on the Conservative campaign, has sent a letter to Martin demanding an apology or face a defamation suit.

THE CANADIAN PRESS

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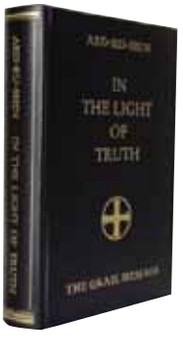

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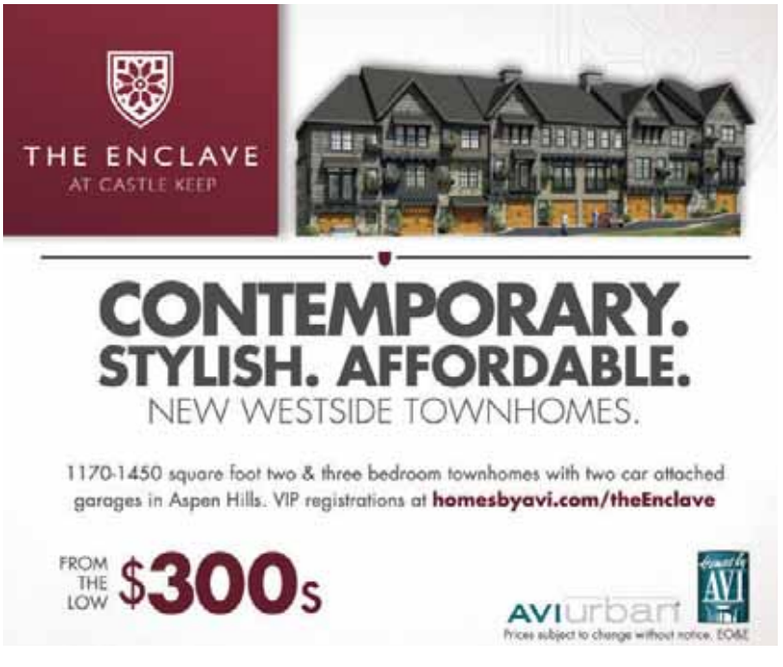
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Death toll climbs in Qur'an riots

Afghan ministers call off trip to Washington Leaders meeting on how to stop violence

Demonstrators hurled grenades at a U.S. base in northern Afghanistan, and a gun battle left two Afghans dead and seven NATO troops injured on Sunday in the escalating crisis over the burning of Muslim holy books at a U.S. airfield.

More than 30 people have been killed, including four U.S. troops, in six days of unrest. Still, the U.S. ambassador to Afghanistan said the violence would not change Washington's course.

"This is not the time to decide that we're done here," Ryan Crocker said. "We have got to redouble our efforts. We've got to create a situation in which al-Qaida is not coming back."

The attack on the base came a day after two U.S. military advisers were killed at the Interior Ministry in Kabul. The Taliban say the shooter was one of their sympathizers and that an accomplice helped him get into the compound to kill the Americans in retaliation for the Qur'an burnings. THE ASSOCIATED PRESS

Not enough

- **President Barack Obama** and other U.S. officials have apologized for the Qur'an burnings, but this has not quelled the anger of Afghans, who say it shows disrespect for their culture and religion.

Chain. Reaction

▶ Russians stand united during an opposition protest along Moscow's Garden Ring on Sunday.

SERGEY PONOMAREV/THE ASSOCIATED PRESS

Let's have a hand for reform

Thousands of people joined hands to form a 16-kilometre human chain around central Moscow in the latest protest against Russian Prime Minister Vladimir Putin. Activists estimated that they needed 34,000 people to complete the chain along the Garden Ring, and they appeared to have succeeded, or come close.

Canada calls off Afghan meetings

Canada has suspended all meetings in Afghan ministries after the slaying of two U.S. military advisers.

Foreign Affairs spokesman Yohan Rodericks said the move was taken as a security precaution. He said all Canadian staff are safe and accounted for.

It isn't known how long the meetings will be on hold, but Rodericks said officials are keeping a close eye on the situation. THE ASSOCIATED PRESS

Recall

- **NATO and Britain recalled** their advisers from Afghan ministries late Saturday after two U.S. advisers were killed.
- **The pair, whose names** have not been released, were shot in the back of the head.
- **Afghan authorities said** Sunday that they have identified a suspect and launched a manhunt.

Chinese netizens 'occupy' Obama

Chinese are flooding a web page of President Barack Obama's re-election campaign with comments, after China seemingly lifted a firewall. What some are calling "Occupy Obama" began early last week on Google+ and quickly reached a torrent. Most of the comments seem purely for fun. Some ask for green cards, while many call for the end of Communist Party rule. THE ASSOCIATED PRESS

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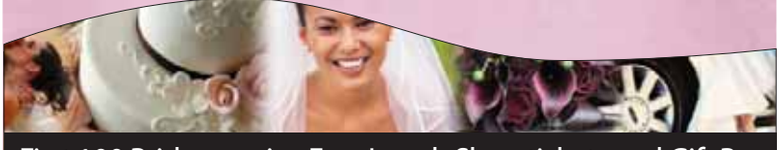

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Family appeals for Titanic letter

Note from man aboard ship expected to fetch at least $50K at auction

The descendants of a surgeon who died on the Titanic are appealing for a benefactor to purchase a soon-to-be-auctioned letter he wrote from the doomed ship — and to return it to the city where the vessel was built.

A two-page note John Simpson wrote to his mother days before the ship sank in April 1912 is up for sale at an auction this week in Long Island, N.Y.

"It would be great if a donor or benefactor could be found who would purchase and return it to Northern Ireland for public display."
JOHN MARTIN, GREAT-NEPHEW OF JOHN SIMPSON

Simpson's great-nephew John Martin said Sunday that the family can't afford to buy it, but would love to see it back in Belfast.

Simpson's letter, dated April 11, 1912, is written on notepaper headed RMS Titanic and is addressed to his mother, who was living in Belfast.

In the letter, Simpson, 37, said his cabin was larger than the accommodation on board the Titanic's sister ship the Olympic, where he had previously worked. He also complained that he had found one of his trunks unlocked and that some money had been stolen from his pocketbook.

Martin said his family had held onto the letter for generations, but that Simpson's 81-year-old daughter-in-law gave it to a Titanic enthusiast in Holland 15 years ago. The family lost track of the letter until learning it is to be auctioned by Philip Weiss Auctions. **THE ASSOCIATED PRESS**

Guinness. Record

▶ Nepal's Chandra Bahadur Dangi poses with his certificates after being declared the world's shortest living man and shortest man ever by the Guinness Book of Records at a ceremony in Katmandu on Sunday.

NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Man the world's shortest

The 72-year-old man was measured at just 54.6 centimetres tall, snatching the title from Junrey Balawing of the Philippines, who is 60 centimeters tall.

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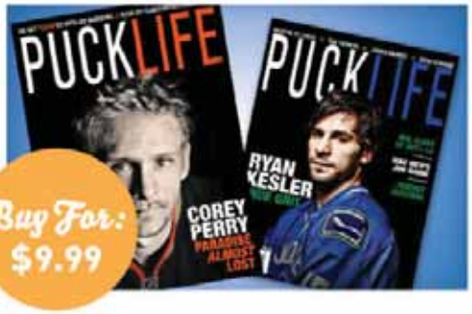

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In. Print

▶ News Corp. chairman and CEO Rupert Murdoch holds the first edition of The Sun on Sunday as it comes off the presses in Broxbourne, England.

Rupert Murdoch's newest newspaper launched Sunday with a familiar mix of celebrity news, scantily clad women and defiant language. The Sun's Sunday edition hits stands two weeks after five employees were arrested for alleged payment of bribes. The new Sunday tabloid replaces The News of the World.

Will Canada lead way to mining on moon?

- **Moon has compounds not readily available on Earth**
- **Lunar-resource drilling may start by end of decade**

Canada could play a key role in a new international space race, with the next sprint to the moon gearing up as an extra-terrestrial gold rush.

Industry insiders will be watching closely this week as the heads of the world's five biggest space agencies get together in Quebec City, where the partners on the International Space Station will discuss more than the future of the orbiting lab.

They will address an idea gaining currency in business and scientific circles: that within human reach lies an unfathomable wealth of resources, some of them common on Earth and others that could change the way we live.

Canada could figure prominently in any discussion about lunar exploration, with nearly one-quarter of the world's top mining companies and robotics like the famous Canadarm.

Several countries, including China, have expressed a desire to start mining the moon's resources. The mining industry is now waiting for the Canadian Space Agency to make its intentions known, while the agency awaits direction from the federal government.

"When members of the international space community decide to go to the Moon or Mars, the CSA and Canada will be ready to contribute," the agency told The Canadian Press

HANDOUT/THE CANADIAN PRESS

▶ A prototype of a lunar rover by Neptec Design Group of Ottawa.

The CSA has already begun developing a number of prototype lunar rovers, in co-operation with NASA and several Canadian firms.

The testing of these prototypes on Earth, with special drills for excavating, has already begun and more tests are planned this summer in Hawaii. The next phase would involve building space-bound rovers. "We're making, I think, a contribution to what Canada's future space program might look like," said Iain Christie, the president of Neptec Design Group. THE CANADIAN PRESS

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BP oil-spill trial delayed for talks

A federal trial over the worst offshore oil disaster in U.S. history has been delayed for a week to allow more time for settlement talks, according to two people close to the case.

The two people told The Associated Press the decision was made Sunday during a conference call between parties in the case and U.S. District Judge Carl Barbier. They spoke on condition of anonymity because a formal ruling had not yet been issued.

Among other things, the trial that had been set to begin Monday is meant to determine the penalties that need to be paid by BP and other companies involved in the massive 2010 Gulf of Mexico oil spill. Billions of dollars are at stake.

BP PLC confirmed that the trial had been delayed until March 5. It said the oil giant and the Plaintiffs' Steering Committee were working to reach an agreement that would fairly compensate people and businesses affected by the Deepwater Horizon rig explosion and resulting spill. THE ASSOCIATED PRESS

German opposition for Greek bailout

Germany's main opposition leader says his party will strongly back the new Greek rescue package when Parliament votes on the measure Monday.

The package centres on a second $173 billion US bailout. Finance Minister Wolfgang Schaeuble has told lawmakers it's the best approach, though he concedes there are "no guarantees" of success and he can't rule out further aid.

The centre-right government aims to keep the number of dissenters low enough for a majority without opposition help. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 3 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas
- 5.52 (12,725.77)	- 0.21¢ (100.03¢ US)	+ $1.90 US ($109.70 US)	$2.55 US (- 7¢ US)
			Gold $1,776.40 US (+ $9.90 US)

Outlook looks bleak for youth in Spain

Daniel Lorente has worked construction, flipped burgers at McDonald's, been a camp counsellor, telemarketing representative and doorman.

But Lorente's part-time jobs never lasted more than seven months: He was laid off from each one as Spain's economic gloom deepened into a historic crisis. Now the 21-year-old is staring into a dead-end future.

"How am I going to make it if I don't have a steady job, to pay a mortgage, for example?" asks Lorente. "Or for a wedding, or anything involving a big expense? You can't get anywhere."

Lorente is stuck among Spain's "Lost Generation" of 20-somethings, with no work and no real prospects in sight. It's a devastating picture of blighted youth that threatens to distort Spain's social fabric for years to come, dooming dreams, straining family structures and eroding the well-being of a rapidly ageing population.

"This puts the whole welfare state at risk," said Gayle Allard, a labour market specialist at Madrid's IE Business School.

What's more, they're expected to put off having children or have fewer of them, slashing a birth rate that's already declining just as the baby boom generation begins to retire. That means fewer people to absorb the costs of caring for the swelling ranks of pensioners. THE ASSOCIATED PRESS

MANAGERS

▶ Sergi Tormentas, 20, centre, is seen among other youths as they shout slogans against the government's recently approved labour reforms during a demonstration in Barcelona on Feb. 19.

Lost Generation

- **Roughly half of all Spaniards** between 16 and 24 are jobless, the highest level among the 17 nations that use the euro.
- **Staggering jobless figures:** 48.6 per cent for Spaniards between 16 and 24; 39 per cent for those ages 20-29.
- **1.6 million unemployed teens and young adults** risk never having a decent start to a career.
- **They probably won't accumulate** assets like their own homes or savings until they are in their 40s.

BATTLE OF FOCUS: LIN VS. UPTON

URBAN COMPASS

JANICE PASKEY
METRO CALGARY

We subscribe to Sports Illustrated.

One has the NBA's Jeremy Lin on the cover. And the next issue has someone called Kate Upton in a small bikini.

Linsanity or not, his issue is reed thin. While the swimsuit issue is fat and plump, owing to more ads.

Soft porn. An addiction for some. That has me thinking about another addiction: Technology. A Calgary woman loses her life because she walks on our LRT tracks while texting. Calgary police can't convince drivers to stop using cellphones and texting — despite new fines. A newcomer tells me she joined a Calgary gym to meet people; it didn't work. Everyone was plugged into headphones.

So today as university and college students head back to class after reading week, it's time to tussle with technology — again.

"Students come armed with laptops, tablets and smartphones. Crowns of heads, not faces, greet teachers. If I ask students to shut off the screens, they report generalized panic. Some text between their legs for the rest of class."

Students come armed with laptops, tablets and smartphones. Crowns of heads, not faces, greet teachers.

If I ask students to shut off the screens, they report generalized panic. Some text between their legs for the rest of class. Others are plain angry.

"We pay you, you should do what we want," one student writes. Others see the point; they are distracted by adjacent screens displaying fantasy football.

What to do if the online fantasy world is more interesting than the real one?

How can the classroom compete? How can challenging ideas compete? We are advised students' attention is about 9.3 minutes, then we need to re-engage them with an "emotional anecdote."

I'll give you emotion. Once upon a time (like right now), a government known as Alberta subsidized post secondary students by 75-80 per cent. It's a massive investment in citizens.

For even younger kids, Alberta Ed. spends millions giving kids computers for "engagement." Yet engagement is not the same as learning anything. (Election issue: Learning to type isn't part of the Alberta curriculum — it should be.)

So how to teach addicted students who live online and think reading 800-word text is War and Peace?

Teaching will change. But are we growing as citizens or engaged in chronic, bikini-like fantasies?

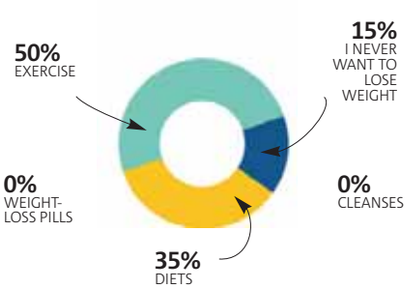
I think the new social divide will be between those who can concentrate and those who can't.

Like Jeremy Lin, the classroom has met its Kate Upton. She is the fantasy, and he, the mere embodiment of perseverance, possibility and powerful focus.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What method do you use to shed a few pounds?



Local tweets

- **@chongnadia:** Brrr so cold #YYC
- **@maryofthetowe:** I wish SO bad that volunteering paid the bills. There are so many local causes I want to give my heart and time to but I need time=$ #yyc
- **@Ren_Chandler:** The #yyc airport by far has the best looking screening agents. #shallowbuttrue
- **@Jensmithnospace:** Hello again, Calgary. You look miserable today. #YYC
- **@Bernsteroni:** Just shoveled both of my #neighbours walks! Feeling strong, thoughtful and a little chilly. #yyc #snow
- **@joelgaskin:** It's a cold one today in #yyc. I don't want to leave the house but responsibility is calling.
- **@juicyblond:** Having such an awesome weekend here in #calgary #Yyc I'm thinking I should do this more often! XXXO
- **@Lydia_Mae:** Spent a solid 5 minutes driving today. That's enough for me. Yuck. #yyc #snow #crappycar

Daily Zoom

SATHYABHAMA DAS BIJU/WWW.FROGINDIA.ORG/AP PHOTO

New egg of ancient chikiladae

New amphibian family found

NEW DELHI. An intrepid team of biologists led by University of Delhi professor Sathyabhama Das Biju has identified an entirely new family of amphibians — called chikilidae — endemic to the region since before the age of dinosaurs but with ancient links to Africa. **THE ASSOCIATED PRESS**

2,600 Biju's team worked during monsoon season, when the digging is easier and chikilidae lay eggs in waterlogged soils. Researchers, along with locals they hired, spent about 2,600 hours digging for the elusive squigglers, usually found about 40-centimetres deep.

"It's like a rocket. If you miss it the first try, you'll never catch it again."

PROFESSOR BIJU DESCRIBES HOW CHIKILADAE GROW TO ABOUT 10 CENTIMETRES, AND CAN RAM THEIR HARD SKULLS THROUGH SOME OF THE REGION'S TOUGHER SOILS, SHOOTING OFF QUICKLY AT THE SLIGHTEST VIBRATION.

Prehistoric link

- The chikilidae is a caecilian, the most primitive of three amphibian groups that also include frogs and salamanders.
- Their discovery gives new evidence in the study of prehistoric species migration, as well as evolutionary paths influenced by continental shift.

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2 scene

Hugo, The Artist get love from Oscar

The Artist goes home with best-picture and best-actor statues ◐ Christopher Plummer wins his first Oscar at 82 ◐ Meryl Streep adds another award to her shelf

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

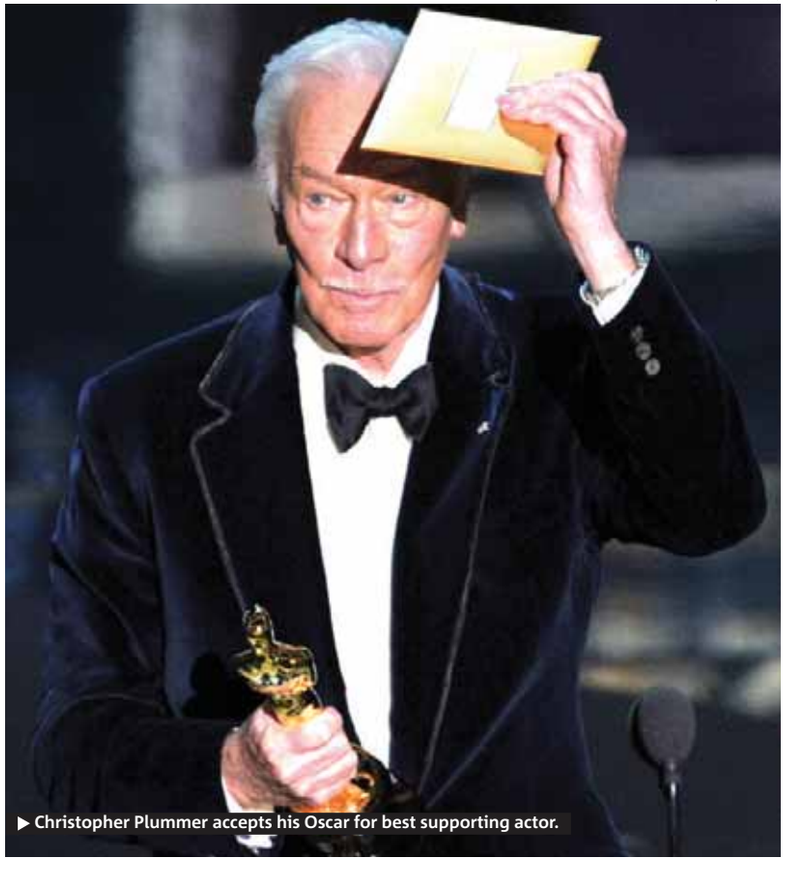
In the major categories, the Academy Awards belonged to The Artist, pulling in five wins, including best actor, best director and best picture, but it wasn't a spotless victory for the silent film. While many had expected The Artist to sweep this year's Oscars, those hopes were dashed early on as another love letter to film history, Martin Scorsese's Hugo, also brought in five trophies, including Oscars for visual effects, art direction and cinematography. The lack of an Artist sweep was an invigorating boost after a lacklustre start by host Billy Crystal.

Some odds-on favourites to win took home statues, including Iran's A Separation for best foreign-language film, Octavia Spencer for best supporting actress for her role in the Help and Christopher Plummer for best supporting actor in Beginners, but the early part of the evening offered plenty of surprises, including a best editing win for The Girl with the Dragon Tattoo. In the heated best-actress race between Meryl Streep for The Iron Lady and Viola Davis for The Help, Streep's portrayal of Margaret Thatcher won the day.

"When they called my name, I had this feeling I could (hear) half of America going, 'Oh no,'" Streep joked.

Crystal started with his traditional montage, digitally inserting himself into nominated films. He followed that up with a song-and-dance number summarizing the best-picture nominees that felt in many ways out of touch.

KEVIN WINTER/GETTY IMAGES



▶ Christopher Plummer accepts his Oscar for best supporting actor.

Plummer becomes oldest Oscar winner

At the age of 82, stage and screen legend Christopher Plummer finally has an Academy Award. Plummer won the best-supporting-actor prize Sunday for his turn as a widower who embraces his homosexuality in Beginners.

The prize makes the actor the oldest Oscar winner, a distinction previously held by Jessica Tandy for 1989's Driving Miss Daisy.

The Toronto-born actor took issue with that distinction backstage. "I don't buy that for a second," Plummer said.

"Wasn't Charlie Chaplin older than me when he got his honorary Oscar? An honorary Oscar is still an Oscar, after all."

Plummer has already won a Golden Globe, a Screen Actors Guild Award, a British Academy Film Award and a Spirit Award for Beginners.

His only other Oscar nomination came two years ago for the Tolstoy tale The Last Station.

THE CANADIAN PRESS/
WITH FILES FROM NED EHRBAR

KEVIN WINTER/GETTY IMAGES

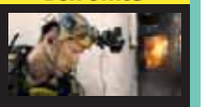
▶ Octavia Spencer accepts the Oscar for best supporting actress.

One plum weekend for Christopher

It was an award-filled weekend for Christopher Plummer. Not only did the Canadian actor win the Academy Award for best supporting actor for his role in Beginners, ACTRA Toronto on Saturday named him best actor for his rakish turn in Barrymore, a film version of the stage production that earned the veteran thespian a Tony some 15 years ago. ACTRA Toronto is the regional arm of Canada's performers' union, also known as the Alliance of Canadian Cinema, Television and Radio Artists.

THE CANADIAN PRESS

Box office



On Oscar weekend, the real-life action stars of Act of Valor bested Hollywood's pretend heroes. The action flick, starring real, active-duty U.S. Navy SEALs, topped the weekend box office, earning $24.7 million, according to studio estimates Sunday. Lionsgate's Tyler Perry's Good Deeds, a more dramatic offering for the consistently popular Perry, opened with a healthy $16 million. Its audience was resoundingly female (76 per cent) and may have been slightly diminished by the appeal of Denzel Washington in the thriller Safe House. That earned $11.4 million, bringing its cumulative total to $98.1 million. The weekend's other new releases — the thriller Gone and the comedy Wanderlust — had weaker debuts. Wanderlust took $6.6 million. Gone took in $5 million.

THE ASSOCIATED PRESS

For more Oscar coverage, and a complete list of winners, scan this code or visit metronews.ca/oscars

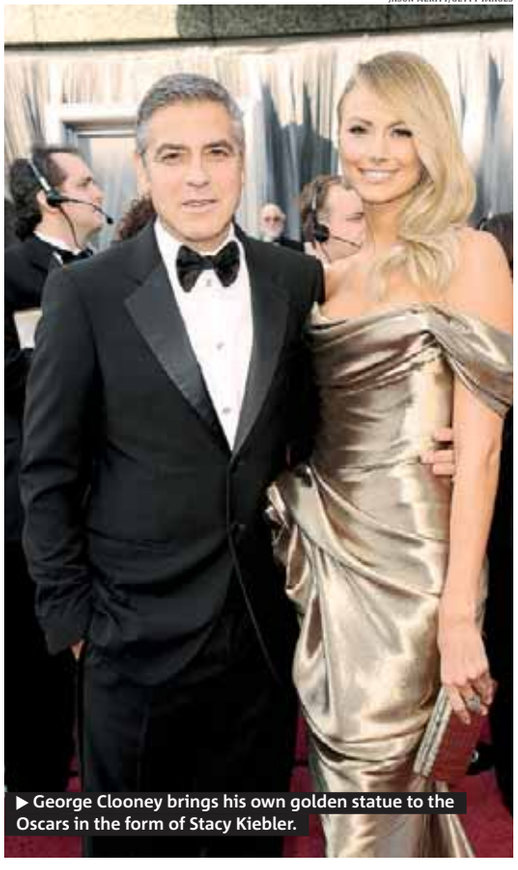
Red carpet Stars

It takes a lot of glamour to stand out on the red carpet at the Oscars Or dressing like a dictator...

MICHAEL BUCKNER/GETTY IMAGES

▶ Sacha Baron Cohen arrives on the red carpet his character General Aladeen.

JASON MERITT/GETTY IMAGES



▶ George Clooney brings his own golden statue to the Oscars in the form of Stacy Kiebler.

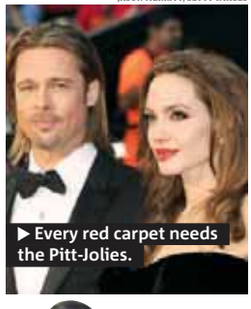
KEVORK DJANSEZIAN/GETTY IMAGES

▶ Michelle Williams looks whimsical in Louis Vuitton.

MICHAEL BUCKNER/GETTY IMAGES

▶ Kristen Wiig moves from Saturday Night Live to Oscar red carpet with ease.

JASON MERRITT/GETTY IMAGES



▶ Every red carpet needs the Pitt-Jolies.

KEVORK DJANSEZIAN/GETTY IMAGES

▶ After dressing as a man for Albert Nobbs, Glenn Close channels her feminine side.

▶ Octavia Spencer stuns in Tadashi Shoji.

Oscar tweets

@magicandrew:
Oscars + @justinbieber = I think a server just melted somewhere inside of Twitter.

@AngryBlackLady:
Clooney and Crystal kissed. Santorum just had an aneurysm.

@mariosundar:
I love you @BillyCrystal but your song-and-dance monologue seemed so archaic. Even Clooney seemed thoroughly confused!

@RajeevMasand:
Sandra Bullock announces Best Foreign Lang Film nominee — will be so happy to see Iran's A Separation win. So deserving.

Up and down

Metro Canada offers up its take on the best and the worst of this year's Oscar broadcast

Billy Crystal

The nine-time Oscar host did what he did best, spoofing the best picture nominees, with a little help from George Clooney, Justin Bieber and Tom Cruise. It was like an old, slightly campy, great uncle stopping in for a visit and pulling a quarter from behind your ear.

Funny focus group

The Wizard of Oz focus group, featuring some of the cast of Best In Show and Waiting for Guffman, proved the Oscars can be funny, with their analysis of the classic film: more flying monkeys, less Dorothy.

Meryl Streep

We love Meryl, but after 17 nominations you think she would know what to wear to the Oscars. Her dress looked like it was rescued from the Carol Burnett Show. It's 'curtains' for her stylist.

Sacha Baron Cohen

Dressed as the alter-ego from his new film, The Dictator, Baron Cohen lived up to his unpredictability by bringing the supposed ashes of Kim Jung-il as his red carpet date. Spilling the ashes on E! host Ryan Secrest, he sunk to a new self-promoting low. Ashes to ashes, dust to dust, without press, Baron Cohen's career will rust. METRO

Adam Sandler earns 11 Razzie nominations

Actor earns the dubious honour of rocking this year's worst movies

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

While the world continues their celebration of the Oscars and the best and brightest in Hollywood, let's take a moment to look at the worst.

Specifically, poor, poor Adam Sandler, who is saddled with the sad honour of earning 11 Razzie nominations for his various work as an actor, a writer and a producer on three movies for 2011: Jack and Jill, Bucky Larson: Born to Be a Star and Just Go With It.

Sandler received two worst actor nominations, one for Just Go With It and another for Jack and Jill. Oh, and he also received a worst actress nod for Jack and Jill — if anything, at least he's breaking gender barriers.

Luckily, he's not alone: his Jack and Jill co-stars, Katie Holmes and Al Pacino, each received a worst supporting actress and worst supporting actor nomination for their work in that film, respectively. (Way to bring down Pacino, Sandler.)

Bad news bears:

Worst film nominees:

- Jack and Jill
- Bucky Larson: Born to Be a Star (Sandler also co-wrote)
- New Year's Eve
- Transformers: Dark of the Moon
- The Twilight Saga: Breaking Dawn, Part 1

ALL PHOTOS GETTY IMAGES

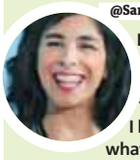
▶ Adam Sandler and Katie Holmes at the premiere of the Razzie-nominated Jack and Jill last November in California.

It's time for Sandler to pick up a copy of the 1998 edition of Stop with the Fart Jokes: Transform Your Career and Become an Oscar Winner in No Time by Tom Hanks. Soon, he'll be starring in Punch Drunk Love II: Still Drankin', where he and Emily Watson end up adopting a middle-aged deaf, mute, and blind train hobo who teaches them the true meaning of life.

Celebrity tweets

Just bought a used gas centrifuge on Ebay. If neighbor does not quiet dog I will build nuclear weapon. #fairwarning

@AlbertBrooks



@SarahKSilverman

I just said "granola" too many times & now I have no idea what it means or how I ever knew it

@JessicaSimpson

Vampire Diaries has been a minor obsession of mine this month!! I've watched every episode!! Ok, so maybe it isn't a minor obsession.. Ha

@DanaJGould

I'm working with a human rights group that takes winos off of skid row and releases them back into the wine country.

Demi is on the mend, says source

Demi Moore's stay at a rehab facility in Utah is apparently doing the trick, according to In Touch.

"She is totally committed to getting better," a friend of the actress says, adding that Moore is now weighing in at more than 100 pounds. The 49-year-old has reportedly gained 10 pounds while in rehab and is eating three meals a day.

"Demi has a long way to go, but she is getting better," the source says. "She has many days where she feels great." METRO

▶ Demi Moore

This one's lips aren't Sealed

Seal is standing by his decision to speak publicly about his impending divorce from Heidi Klum.

"When you publicize your marriage as much as our marriage was publicized, when you renew wedding vows, when you do all those things ... you're giving people a picture of an ideal relationship that people aspire to," he says during an Australian radio interview.

"When it goes south, you can't all of a sudden take the philosophy of a monk and decide to go for a vow of silence. It doesn't really work like that. I respect my wife's decision not to talk about that, but I felt that people at least deserved some kind of explanation why the picture of the ideal wasn't what they thought it was." METRO

▶ Seal

Gerard Butler was on a bit of a tear

Gerard Butler spent the last three weeks in rehab to address an alleged prescription painkiller problem, according to Radar Online.

"Gerard has completed a successful course of treatment and has returned home in good health," his rep said in a statement. "We will not be making any further comment at this time."

Butler reportedly developed a painkiller dependency in 2006 after filming 300. As for other substances, the actor recently told the Red Bulletin that he's toned things down considerably.

"I am a single successful Scottish actor in a city full of beautiful women, and I will admit to having the time of my life," he said.

"I'm very well behaved these days as a lot of the naughty stuff was when I was drinking." METRO

▶ Gerard Butler

▶ Women may want to find out their baby's gender for both practical and psychological reasons.

Did you find out the sex?

It's a boy! It's a girl! It's a... surprise! Where some people stand on learning the truth early

Six months into her pregnancy, the fashionable Julia Restoin-Roitfeld does not know the sex of her baby — and she has no intention of finding out. Her mom, former Vogue Paris editor Carine Roitfeld, is mighty impressed: "[Julia] doesn't want to know. I'm very proud of her, because me, I would not be able to do that. But you know, in a way, today you can know everything about anything, and to refuse to know I think is quite chic."

So apparently not finding out the sex of your baby is "chic." Who knew?

Carine also has no intention of baking cookies or knitting booties any time soon. "I don't think it's my thing," she said with a laugh. Gotta love her for telling it like it is!

But back to the gender discussion. My friends are pretty split down the middle when it comes to finding out the sex of their baby. I personally was tempted to find out with both my kids but never did because I figured there are so few surprises left these days. But I know countless women who were dying to know if they were having a boy or a girl ASAP — both for practical reasons and for psychological ones, too.

One friend, for example, always planned to have two children. So after she gave birth to a boy and got pregnant with her second, she decided to find out the baby's gender during a 20-week ultrasound. "If it was a boy, I wanted to know," she tells me, "so that I wouldn't be disappointed."

Clearly, this is a woman who always wanted a little girl, though she was and still is beyond grateful for her two wonderful boys. "I just wanted to prepare myself, emotionally. I knew that this would be it and so if I was never going to have a daughter, I would rather find out in advance than right there on the table. It gave me time to come to terms with it all."

I've also noticed that many couples are divided on whether or not to find out the sex of their baby.

One pregnant woman I know, already mom to two boys, was so curious that she found out behind her husband's back — then feigned surprise when it was a girl (ha!).

Then there are those women who find out by accident because their doctor uses "he" or "she" to describe the baby in a way that's just way too obvious.

Sounds crazy, I know, but this has happened to many friends. And, let me say, they were less than pleased.

SHAWNA COHEN, MOMMYISH.COM

Working-mom bias

The work-family balance debate grabs the spotlight

Working mothers are getting some serious press. The New York Times has been debating maternity leave rights for working women.

National Public Radio in the States is looking into the wage gap between working mothers and their childless peers.

And now Forbes magazine has jumped into the conversation with a series of pieces on the unconscious bias that employers and bosses hold against moms.

Obviously, business media is ready to have a conversation about what it means to be a working mother and how corporations need to support those who choose to have a family and continue to be a productive member of the workforce.

Bring it on! Let's discuss these important issues.

The big problem is that every working mother is judged to behave in the same manner the minute after she gives birth.

Some women are also judged just in case they might want kids in the future, even if they aren't mothers now.

Instead of dealing with individual cases, companies and managers made general assumptions based on a very diverse group of people.

The debate will help. Maybe now, we'll be able to give women who are considering motherhood a more realistic picture of the challenges that they're going to face.

Then every woman can decide for herself where her priorities are and what she's willing to sacrifice.

LINDSAY CROSS, MOMMYISH.COM

THINKSTOCK

▶ Issues facing working mothers are finally getting some attention.

3 life

Mogul mom

Former model Kathy Ireland, a mother and author of three children's books, has been named by Forbes as the wealthiest supermodel on the planet.

Forbes recognized the iconic model, 48, for raking in the most cash through her brands, beating out domestic diva Martha Stewart. According to the magazine, Ireland sold "an astounding $2 billion worth of licensed products at retail, making her a bigger licensor than the formidable Martha Stewart."

Her Kathy Ireland Worldwide brands include a clothing line, home furnishings, socks, wigs, self-help books and workout videos.

THE ASSOCIATED PRESS

Motherhood and curling: A juggling act at the Canadian women's championship.

Pull out all sandwich stops

Pulled chicken sliders are a great way to infuse a ton of flavour into a small package Instead of buns, they can also be served on flour tortillas

MATTHEW MEAD/ THE ASSOCIATED PRESS

Creamy Mango Marmalade Chicken Sliders

This recipe makes 12 sliders.

When it comes to making pulled chicken, it's hard to beat the two-ingredient simplicity of simmering chicken breasts in a bottle of barbecue sauce.

But if you want try something a little bigger, a little bolder and a lot more interesting, make a sweet-and-savoury pulled chicken that can be done on the stovetop or in a slow cooker.

For the slow cooker version, combine the chicken and sauce ingredients as described below, then cook on high for six hours. You'll then need to transfer everything to a saucepan to boil for a few minutes to reduce the liquid.

Ingredients:

- 1.15 kg (2 1/2 lb) boneless, skinless chicken breasts
- 1 L (4 cups) chicken broth
- 1 jar (396 g/14 oz) mango-pepper jelly
- 125 ml (1/2 cup) orange marmalade
- 50 ml (1/4 cup) cider vinegar
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) sweet or smoked paprika
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 250 ml (1 cup) sour cream
- 1 bag shredded cabbage coleslaw mix
- 150 ml (2/3 cup) light mayonnaise
- Hot sauce
- 12 dinner rolls or other small buns, split

Preparation:

1. In saucepan over medium-high, combine chicken, broth, jelly, marmalade, vinegar, cumin, paprika, garlic powder, salt and pepper. Bring to simmer, then cook, uncovered, 45 mins. Transfer chicken to cutting board. Continue cooking sauce for 10 mins. or until reduced and thickened.
2. Meanwhile, use 2 sets of to pull apart and shred chicken breasts. Once liquid has reduced, return chicken to saucepan and mix with sauce. Simmer until heated through, then remove pan from heat. Stir in sour cream.
3. In a bowl, mix coleslaw mix, mayonnaise and hot sauce to taste.
4. Serve chicken on buns topped with coleslaw.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA)

Rose Reisman's Choose It And Lose It

For entertaining at home, stores that offer ready-made appetizers are a popular choice. When choosing the eats, make sure you're watching the cooking method.

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If you prefer the taste of pulled pork, switch it up by cooking it in sesame oil Serve it on buns or over rice

MATTHEW MEAD/ THE ASSOCIATED PRESS

Sesame Pulled Pork Sandwiches

This recipe makes eight to 10 servings.

These sandwiches have a hint of sesame that enhances the pork flavour, almost giving you a hint of sweet and sour.

Serve this up for a hot lunch after a morning out playing in the cold with friends.

The pulled pork would also be delicious served over steamed rice.

Ingredients:

- 1 bottle (330 mL) beer
- 1 can (5 oz) tomato paste
- 60 ml (1/4 cup) packed brown sugar
- 125 ml (1/2 cup) rice vinegar
- 45 ml (3 tbsp) sesame oil
- 15 ml (1 tbsp) reduced sodium soy sauce
- 7 ml (1 1/2 tsp) each garlic powder & mustard powder
- 1 whole star anise
- 3 pork tenderloins (about 3 lbs/1.5 kg), cut into 5-cm (2-inch) chunks
- 10 ml (2 tsp) hot sauce
- Salt and ground pepper
- 8 large rolls or buns
- Sesame seeds and green onions

Preparation:

1. In a large saucepan, whisk together the beer, tomato paste, brown sugar, vinegar, 30 ml (2 tbsp) of the sesame oil, soy sauce, garlic and mustard powder. Add the star anise and pork. Bring to a simmer over medium-high, then cover and cook for about 45 minutes or until very tender.
2. Discard star anise, then use 2 forks to pull apart the pork into bite-size pieces. Stir in the remaining 15 ml (1 tbsp) of sesame oil and the hot sauce. Season with salt and pepper to taste.
3. Divide pork between the buns, sprinkling each with sesame seeds and scallions.

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Green from the ground up

Students attempt to build complete green house from scratch Trying to achieve Canada's greenest home

BEN KNIGHT
LIFE@METRONEWS.CA

Many Canadians undertake renovation projects to make their houses greener and cleaner. But what would be possible if you built an entire eco-friendly home — from scratch?

Twenty students from the Endeavour Centre in Peterborough, Ontario, will find out this summer, when they set out to build Canada's greenest home.

"We're a not-for-profit sustainable building school," says executive director Chris Magwood.

"We're aiming for this to be a net-energy-zero home. It will create as much energy as it consumes over the course of a year. The homeowner will actually earn money on the power."

Solar panels on the roof are just the beginning.

The 2,000-square-foot house will be build entirely from locally sourced materials.

It will also be built on an existing lot, so as not to add to urban sprawl.

"Basically, the way people talk about the hundred-mile diet, we really approach home-building that way, too," Magwood explains.

"To the greatest extent possible, all the materials and people who prepare them will come from the immediate region."

Local sawmills will produce all the lumber.

0

The annual net energy use possible in a properly constructed, eco-friendly house — with a solar-panel electrical system connected directly to the local power grid.

And materials won't be treated with toxins or other questionable chemicals.

The house will also be built to process rainwater, and recycle household grey water.

"The quality of the water, the air, the light in the home is really important to us."

When completed, the house will immediately go on the market.

Construction costs will be a little higher than a regular two-storey home, but future savings in energy and water costs will offer real savings to the eventual owner.

Magwood is confident houses like this will become a lot more common in the not-to-distant future.

"I first started doing this 15 years ago, when these kinds of ideas were so far out on the fringe that it was hard to even have a conversation with normal people or with builders about it," he says.

"And now, the whole industry feels like it's racing to catch up in that direction."

The students who build the house will come from all kinds of backgrounds.

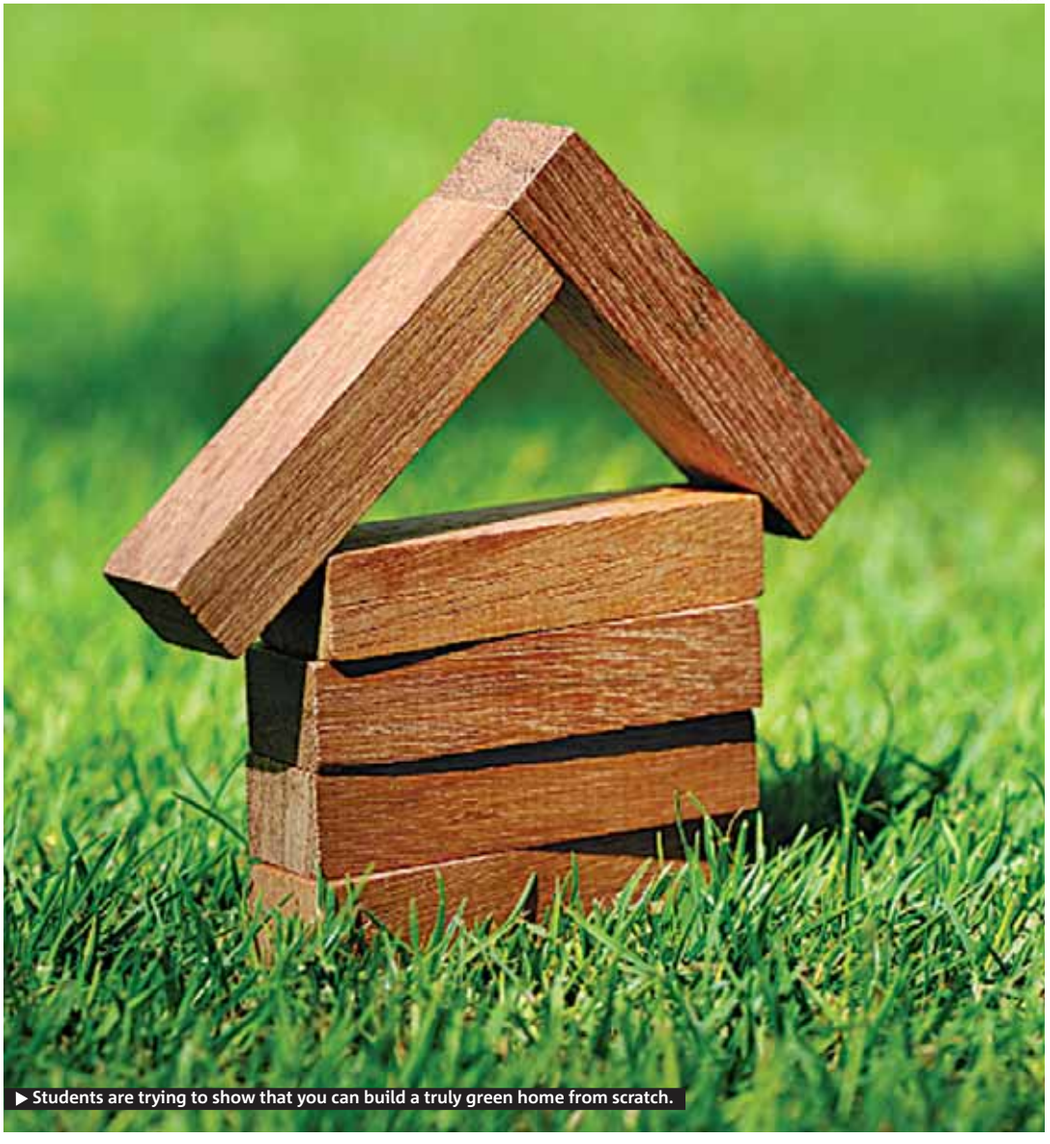
Space in the program is still available.

"Things are always doable if you throw enough time and money at them," Magwood concludes.

"But you want to make sure it's also repeatable, affordable and available."

For more information, visit endeavourcentre.org.

ISTOCK PHOTOS



▶ Students are trying to show that you can build a truly green home from scratch.

WHERE TO FIND GREEN HAIR DYE

Are there eco-friendly hair dyes? Will they cover grey? ***Carol of Calgary***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Eco-friendlier hair dyes do exist.

Avoid ammonia, petrochemicals, sulfates, phthalates, parabens and P-phenylenediamine (PPD).

It's hard to find permanent colours that don't contain PPD. PPD-free products often use aminophenols — people allergic or sensitive to PPD may react to those, too. Find a hairdresser educated in the prefixes of these chemicals.

Before you book, ask the salon about ingredients. The more of us that ask, the quicker they'll catch on.

It's for their own good — PPD can cause cancer and be contaminated with heavy metals toxic to the brain. Many eco-friendlier dyes are henna- or vegetable-based (from roots and fruits), others are oil-based.

David Suzuki Foundation

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Scaling the heights of success

Paul Griffith is teaching others to go above and beyond for the less fortunate with his business Over the Edge

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

For the past eight years, Paul Griffith has been pushing people out of their comfort zone and Over the Edge. And he couldn't be happier.

Griffith and his highly skilled team run events where people rappel down tall buildings and raise money for charity.

"It makes it so much easier to go to work every day knowing you're making a difference. We're here to serve and do good things for others."
PAUL GRIFFITH

His Halifax-based business has become so popular they've expanded to the U.S., and have now set a goal to raise $50 million for non-profit organizations in the next 10 years.

▶ Paul Griffith, President and CEO of Over the Edge.

"It makes it so much easier to go to work every day knowing you're making a difference. We're here to serve and do good things for others."

Growing up in P.E.I., Griffith was 10 when he asked his parents for new goalie pads. They told him they would only pay for half so Paul went to a local farm, purchased strawberries for 25 cents a box, loaded up his wagon and sold them to the neighbourhood for one dollar.

"After a week I had enough money for my goalie pads and I officially retired from my first business" he says with a laugh.

In the coming months, Griffith and his team will be travelling across Canada to stage at least 10 Over the Edge events, including one in Toronto in May. They are challenging people to rappel down City Hall in aid of the Make-A-Wish Foundation.

"We've asked the corporate world to step outside of their comfort zone and go over the edge. When you look at the barriers people face through sickness or disease it's an easy thing to do."

On reaching for the top

- Find something you're passionate about. Passion drives ingenuity, energy and that leads to success.
- Have fortitude to stick it out in the tough times. Every "no" you get is an opportunity to gain wisdom.
- Assemble a board of advisors. They are a source of wisdom and perspective.
- Have an exit strategy and envision what the business will look like when you wind it down or sell it.
- Don't worry too much about money. Create the opportunity and the money will follow if it's a good idea.
- For more info, visit overtheedgeusa.com.

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Get smart, go far

Sometimes the secret to getting ahead at the office is getting out of the office ◗ Boldly go back to the books

JULIA WEST
LIFE@METRONEWS.CA
MWN IN PHILADELPHIA

Hitting the books can help you become an expert in your field, expedite that promotion or open the door to new endeavors. For those with the itch to learn we've got some pointers to start you out right.

ISTOCK

It's never too late to learn more.

"Online options can keep you productive at work while also giving you the education you need."
DR. SALLY MOUNTS
PRESIDENT OF AUCTUS CONSULTING GROUP

Consider the up-front money

"Always remember that continued education is an investment," explains Steve Herzog, assistant dean at The American College in Bryn Mawr. "Carefully consider the amount of money you'll spend and the likelihood you can reap the financial rewards in a reasonable amount of time."

But before running the numbers, check in with the boss. If your company is able to provide tuition reimbursement, nothing's stopping you from moving forward.

Make sure the program is accredited

For many employers, an accredited school can make all the difference.

"Some employers simply don't recognize degrees from non-accredited schools, and credits from non-accredited courses are often non-transferable to other institutions," says Cheri Varnadoe, director of corporate relations at MBA@UNC, an online program from UNC Kenan-Flagler Business School.

Know your style

If you're employed full-time, online courses may help with time management.

"Online options can keep you productive at work while also giving you the education you need," says Dr. Sally Mounts, president of Auctus Consulting Group. That said, it's important to consider how you learn. Herzog recommends asking yourself: Do you do well in classroom settings, or does reading and listening to pre-recorded lectures best suit you?"

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4 sports

Flames preview

St. Louis at Calgary
7 p.m.
TV: TSN

The Flames (28-23-11) host St. Louis (38-17-7), which has struggled on the road this season, going 12-13-3. Jaroslav Halak stopped 40 shots in a 3-2 shootout win over Winnipeg on Saturday. It was Halak's second straight win in a shootout. David Perron scored on Saturday, giving him eight goals and 12 points in 13 games this month. David Backes also scored, snapping a five-game scoring drought. Andy McDonald has seven points in 11 games since returning from a concussion.
THE CANADIAN PRESS

Scan code for more sports.

Scotties. Champions

▶ Alberta skip Heather Nedohin, centre, celebrates her gold medal win over B.C. with, from left, lead Laine Peters, third Beth Iskiw and second Jessica Mair at the Scotties Tournament of Hearts in Red Deer, Alta.

JONATHAN HAYWARD/THE CANADIAN PRESS

Albertans slide to national curling glory on home ice

Alberta's Heather Nedohin won the Canadian women's curling championship with a 7-6 win over B.C.'s Kelly Scott on Sunday.
Nedohin, third Beth Iskiw, second Jessica Mair and lead Laine Peters will represent Canada at the world championship next month in Lethbridge, Alta.
The Edmonton team will also return to the 2013 Scotties Tournament of Hearts in Kingston, Ont., wearing the Maple Leaf.

Flames roster appears set

THE HOCKEY NEWS

BRIAN COSTELLO
CALGARY@METRONEWS.CA

Conventional wisdom in Calgary had the Flames being quiet in the days and hours leading up to NHL trade deadline. The thought process being, with six regulars injured and out of the lineup for a good chunk of February, the best acquisition the team could see would be a revolving door of players returning from sickbay.

The door started moving Thursday when Curtis Glencross — the team's leading goal-scorer before he wrenched a knee six weeks ago — and top-four defenceman Derek Smith returned in the shootout loss to Phoenix. Another top-9 forward, David Moss, is due back in early March. Then Lee Stempniak, Mikael Backlund and Chris Butler before the end of the season. Maybe even Blair Jones at some point in April.

So Flames general manager Jay Feaster doesn't need more bodies, just healthy ones. Sure, the depleted and exhausted lineup could use another big center and scoring winger, but then what would happen with the payroll and the roster count when the team gets healthy. It's not like Feaster will waive or demote the unproductive likes of Matt Stajan and Blake Comeau.

Up in Flames at the deadline

Former GM Darryl Sutter was adamant in a March 3, 2009 TV interview with TSN's Jermain Franklin that he wasn't going to be involved in trade deadline day.

- **Just a few hours later**, he pulled the trigger on a deal with Phoenix giving up Matthew Lombardi and a first-round draft pick for Oli Jokinen.
- **Jokinen was a disappointment** in his first go-round with the Flames and was dealt a year later to the Rangers with Brandon Prust for Chris Higgins and Ales Kotalik.
- **That was a ton to give up** to get an unproductive Jokinen, then Sutter made it worse getting a bigger headache in Kotalik to make Jokinen go away.

But this was the prevailing belief before a two-game home ice swoon dropped the Flames out of the playoff picture. During the setback to Phoenix, Feaster said on national TV a third straight loss Saturday may force his hand into being more active on deadline day. But it's not like the organization is prepared to part with its prime marketable commodities, Miikka Kiprusoff and Jarome Iginla.

Sure, a minor shake-up is in order, perhaps dishing off a pending UFA or two such as Cory Sarich or Scott Hannan or Tom Kostopoulos or unused Anton Babchuk. And what could the Flames expect in return? Perhaps a badly needed draft pick or two? At this point, the Flames need healthy scorers more than they need seventh or eighth defencemen or draft picks.

My guess is the Flames make one or two cosmetic changes to boost the energy level going into the home stretch. Calgary already made a significant change a month ago bringing in Mike Cammalleri for Rene Bourque. Anything more would be a surprise.

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ALL DAY TODAY
BEGINNING › 6AM

TSN

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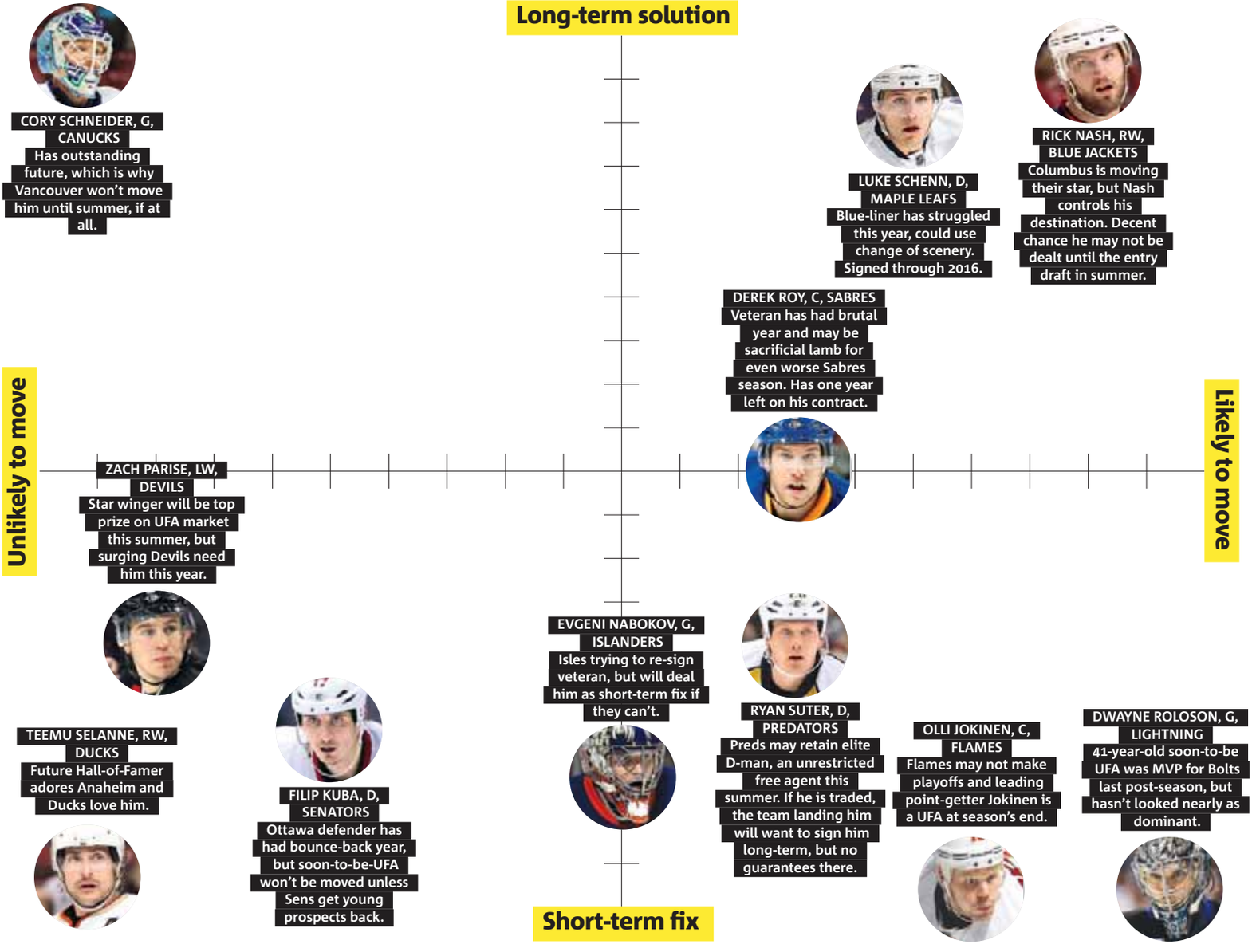
NHL trade rumour matrix

You're bound to hear many player names mentioned in NHL trade deadline day rumours, but what is the likelihood any of them changing teams? And are they short or long-term fixes? Hockey News writer Adam Proteau plots it out.


Long-term solution
Short-term fix
Unlikely to move
Likely to move
CORY SCHNEIDER, G, CANUCKS
Has outstanding future, which is why Vancouver won't move him until summer, if at all.
LUKE SCHENN, D, MAPLE LEAFS
Blue-liner has struggled this year, could use change of scenery. Signed through 2016.
RICK NASH, RW, BLUE JACKETS
Columbus is moving their star, but Nash controls his destination. Decent chance he may not be dealt until the entry draft in summer.
DEREK ROY, C, SABRES
Veteran has had brutal year and may be sacrificial lamb for even worse Sabres season. Has one year left on his contract.
ZACH PARISE, LW, DEVILS
Star winger will be top prize on UFA market this summer, but surging Devils need him this year.
EVGENI NABOKOV, G, ISLANDERS
Isles trying to re-sign veteran, but will deal him as short-term fix if they can't.
RYAN SUTER, D, PREDATORS
Preds may retain elite D-man, an unrestricted free agent this summer. If he is traded, the team landing him will want to sign him long-term, but no guarantees there.
OLLI JOKINEN, C, FLAMES
Flames may not make playoffs and leading point-getter Jokinen is a UFA at season's end.
DWAYNE ROLOSON, G, LIGHTNING
41-year-old soon-to-be UFA was MVP for Bolts last post-season, but hasn't looked nearly as dominant.
TEEMU SELANNE, RW, DUCKS
Future Hall-of-Famer adores Anaheim and Ducks love him.
FILIP KUBA, D, SENATORS
Ottawa defender has had bounce-back year, but soon-to-be-UFA won't be moved unless Sens get young prospects back.

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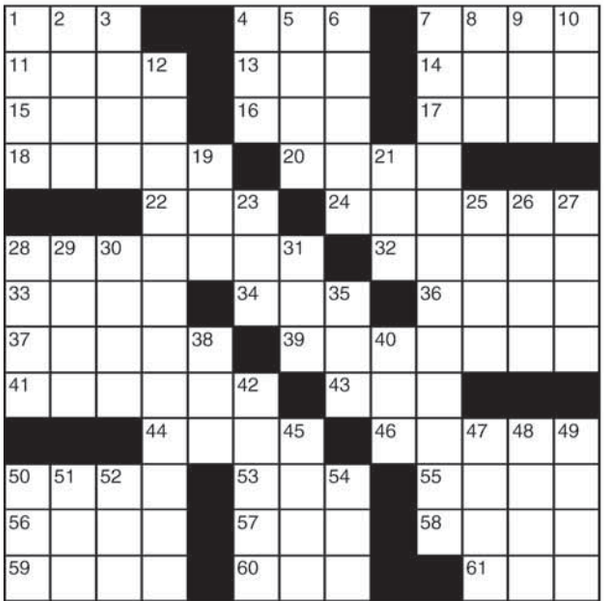
Crossword



Across

1 Vim and vigor
4 Had breakfast
7 Acceptable
11 Rowing props
13 Bagel topper
14 Pleasant
15 Seniors' big event
16 Mischievous tyke
17 Paradise
18 Provide with funds
20 Seethe
22 Barbie's cohort
24 Ruins the shoe polish
28 Custodian
32 Grin
33 Portent
34 "Holy mackerel!"
36 Surveyor's map
37 Suit material that draws lint
39 Rocket launcher
41 Stuck up
43 "Le Coq —"
44 Picnic spoiler
46 Playful water critter
50 Primary
53 — and caboodle
55 Dry riverbed
56 As well
57 Compass pt.
58 Japanese sashes
59 Rhett Butler's closing word
60 Caribbean or Mediterranean
61 Witness

Down

1 Vatican VIP
2 Deserve
3 Poke
4 Boxer Muhammad
5 "Who's buried in Grant's —?"
6 Erstwhile Montreal baseball team
7 54-Down server's query
8 Tease
9 High card
10 Longing
12 Headwaiter's obsolescent query
19 Drenched
21 Suffix with robot
23 Present
25 Flaky pastry dough (Var.)
26 Anti-aircraft artillery
27 Bristle
28 R&B singer Stone
29 Prayer ending
30 Infamous fiddler
31 Steal from
35 Bankroll
38 Greek vowel
40 Menagerie
42 "OMG!"
45 Day shift start
47 Keep — on (watch)
48 Actress Falco
49 Get up
50 Angry
51 — carte
52 Doctrine
54 See 7-Down

▶ Friday's answer

P	A	C	T	S		B	I	T		A	R	C
A	H	O	O	T		O	D	E		B	O	A
W	A	N	D	A		G	L	A	M	O	U	R
		T	O	M	B	O	Y		U	V	E	A
E	G	O		P	A	T		W	R	E	S	T
N	O	U	N		S	A	L	E	M			
S	T	R	E	E	T		A	B	U	S	E	D
			W	R	E	C	K		R	E	N	D
R	A	D	A	R		H	E	R		Y	E	T
E	W	E	R		M	U	S	E	U	M		
P	A	R	K	O	U	R		B	R	O	W	S
A	R	M		N	S	C		U	S	U	A	L
Y	E	A		A	S	H		T	A	R	D	Y

Sudoku

	7	2				1		
			3	9				7
5					2			6
		4	2		7		8	
	5			8			6	
	3		1		6	7		
4			9					3
8				7	5			
		1				6	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

3	5	6	9	7	4	8	2	1
7	2	9	6	8	1	3	5	4
1	8	4	3	5	2	7	9	6
9	3	2	4	6	5	1	8	7
4	7	5	1	9	8	6	3	2
6	1	8	7	2	3	9	4	5
2	4	7	8	3	6	5	1	9
5	6	3	2	1	9	4	7	8
8	9	1	5	4	7	2	6	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Night,
Wonderful Saturday evening to everyone tonight! Wasn't it a beautiful Saturday? Good thoughts! From a noble person sharing conscious sincere craziness! Hmm? Sweet Call!
SATURDAY

sandra,
to the woman i hold so dear that i wait to be near
CRASH

Matt,
I smiled at you yesterday, and I hope you noticed it. Sorry I didn't get to wave back at you. I was hoping you were going to talk to me on my break. Well I'll see you next week.
R

my pet
well, that is good,I waiting for you? No surprising! admit i'm scared to talk first...Why not!
ME

A look at the weather

MONDAY	TUESDAY	WEDNESDAY
Min -18°	Min -15°	Min -13°
Max -4°	Max 0°	Max -1°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

♈ Aries March 21-April 20
Put small issues out of your mind and focus only on the things that matter.

♉ Taurus April 21-May 21
Don't worry if you've been finding it hard to get along with someone because as from tomorrow your minds will be on the same wavelength again.

♊ Gemini May 22-June 21
If there is something you need done, something that is so important it really can't wait, you're going to have to do it yourself.

♋ Cancer June 22-July 22
If you let others set the rules of the game they will inevitably fix them so they win and you lose.

♌ Leo July 23-Aug.23
Think long and hard before ending an association that may not be easy to revive again in the future.

♍ Virgo Aug. 24- Sept. 22
Loved ones are extremely demanding at the moment and if you get through the day without raising your voice you will have done well.

♎ Libra Sept. 23-Oct. 23
Take it easy now because the next few days could be busier than you anticipated, especially on the work front.

♏ Scorpio Oct. 24-Nov. 22
According to the planets someone is being less than honest with you about what they are planning.

♐ Sagittarius Nov. 23-Dec. 21
Why are you worrying about something over which you have no control? There's no logic to it.

♑ Capricorn Dec. 22-Jan. 20
Take a break from your busy schedule and give some thought to the direction your life seems to be heading.

♒ Aquarius Jan. 21-Feb. 18
You are attaching too much importance to other people's opinions.

♓ Pisces Feb. 19-March 20
If someone is wasting your time then you must allow yourself to get angry.

SALLY BROMPTON

Caption contest

LEFTERIS PITARAKIS/ THE ASSOCIATED PRESS

JENS MEYER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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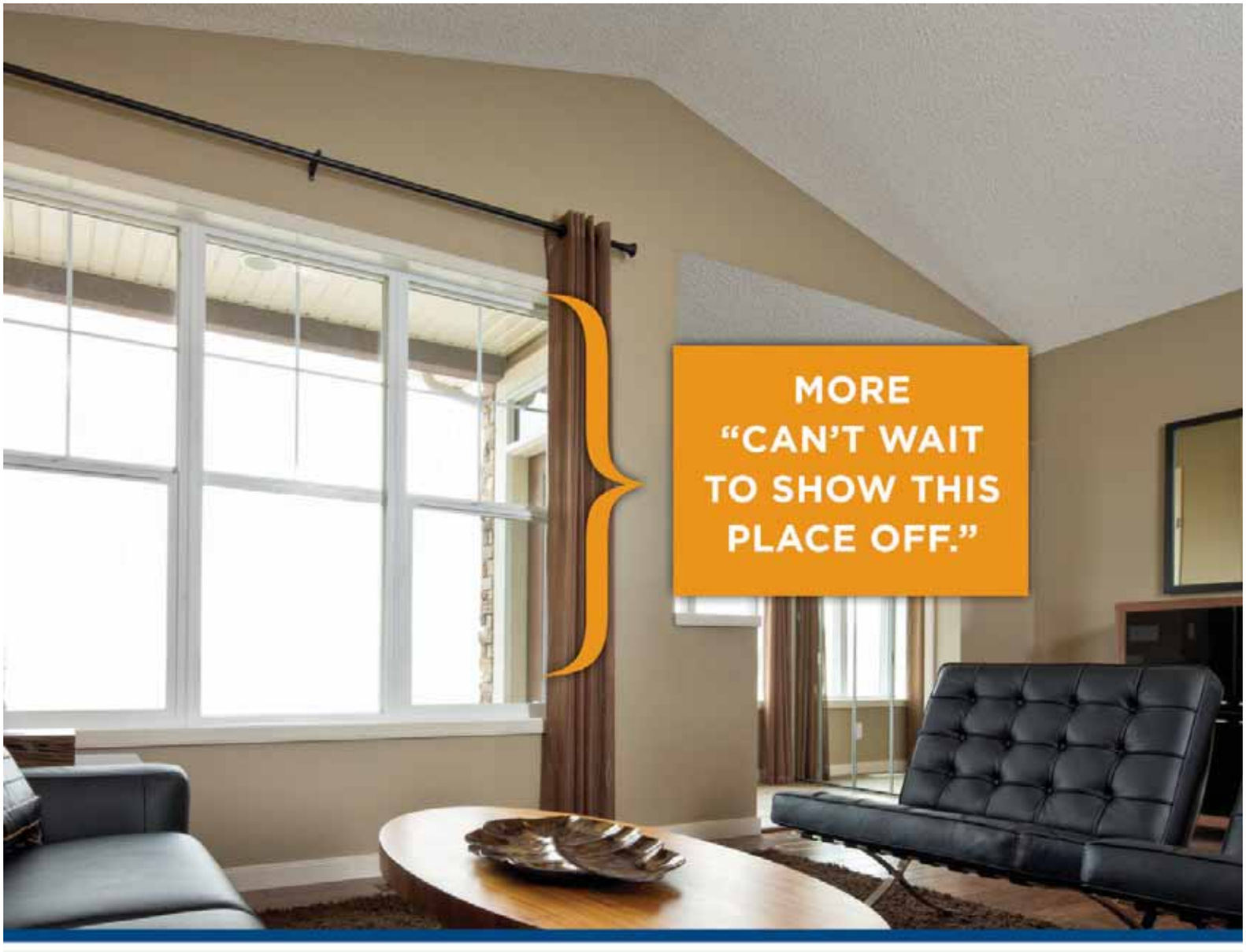

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